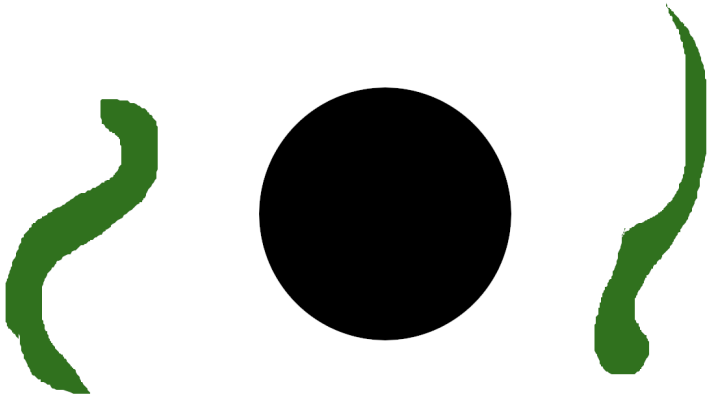
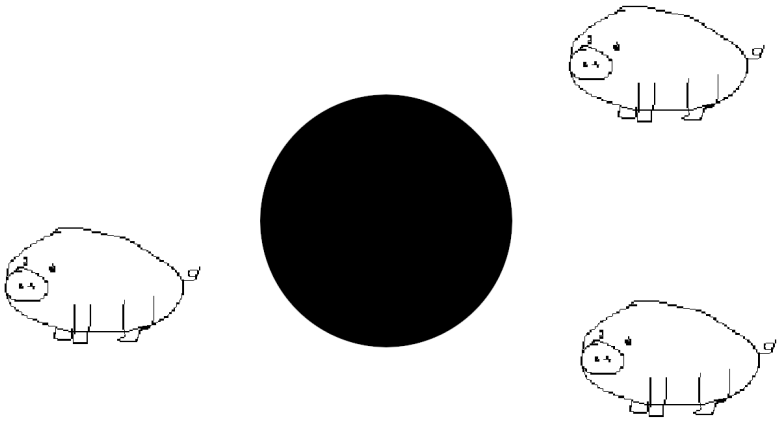
Dream changing is a technique that uses paper or a writable surface. On this surface, have a black circle written in the center. Around this black circle, have pictures of a concept that you would like to dream about. Stare at the black circle for about 75 seconds with the pictures in your peripheral vision before sleeping.



The snakes featured above could represent slyness and treachery.



The pigs above could represent greed and hubris.